Margaret {Peg} Ross McKinley High School

“Sugar Changed the World” Sugar Lesson Plan

Objective :

\* Students will visually comprehend how much sugar is in food and drink they consume every day.

\*Students will recognize all types of sugar when reading a food label

\*Students will have greater understanding of why we crave sweet

Activity One

Students will select the number of sugar cubes they think represents the amount of sugar in one serving of a particular food or drink.

Examples will be a 12oz. Coca-Cola, a bowl of sweetened cereal,

Pop tarts, Gatorade, lemonade, energy drinks, Sobe vitamin water, a Polar pop, packages of cookies, ketchup, BBQ sauce, and a Cinnabon.

After all students have written down their answer, the correct amount will be displayed.

Activity Two

Define vocabulary words:

1. Dextrose

2. Fructose

3. Lactose

4. Sucrose

5. Saccharin

6. Aspartame

7. Insulin

8. Corn Syrup

9. Sugar cane

10. Sugar beets

Activity Three

Students read article on PrimalPal.net “Why do I crave sugar?”

Answer these questions:

1. What is the difference between hunger and cravings?

2. What are the five main tastes that we all crave?

3. What three sections of the brain are involved in cravings?

4. What is a biological stress?

5. What is an emotional stress?

6. What is an environmental trigger?

7. What health problems can elevated blood sugar levels

create?

8. Name three things the article suggests you can do to

overcome a craving.